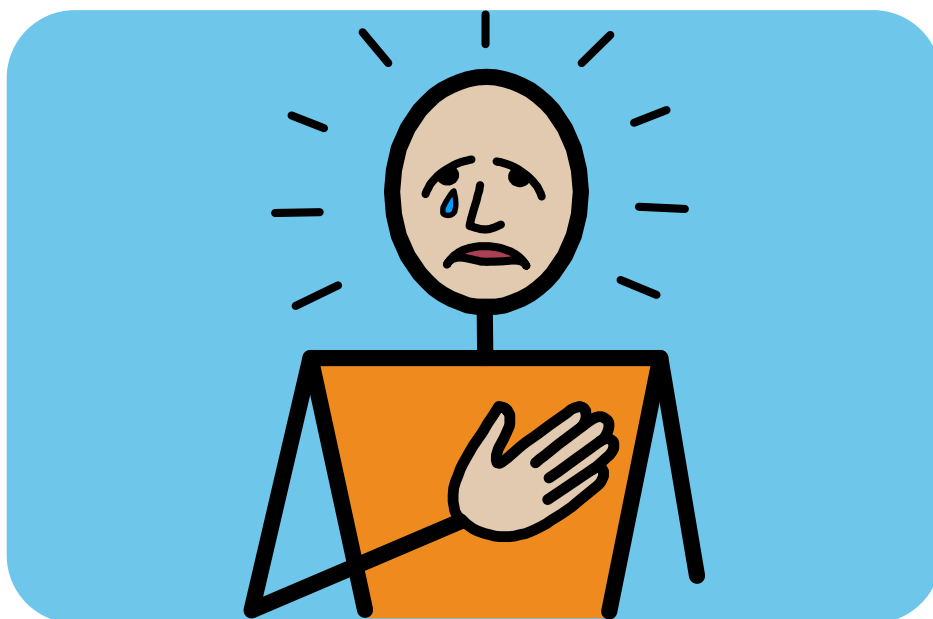


Upset by the Coronavirus News

Symbol Book



 **Widgit**

Upset by the News

Published by Widgit Software

© Widgit Software 2021

This book is available electronically from

www.widgit.com/resources

Written and published by:

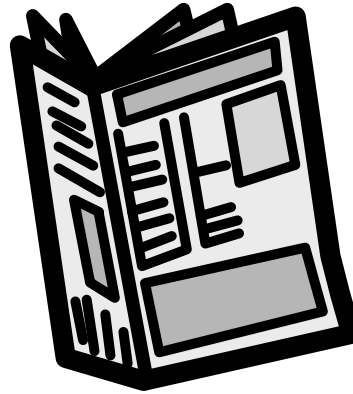
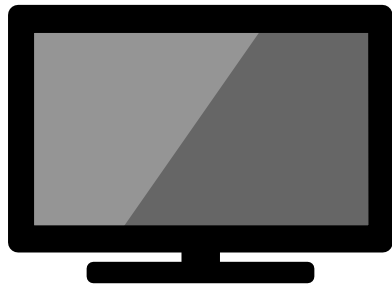
Widgit Software

Tel: 01926 333680

Email: info@widgit.com

Web: www.widgit.com

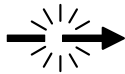
All of the materials are copyright. Files and documents printed from those files may be used within the purchasing organisation. They may not be passed to other centres.



When



bad things



happen



in



the news;



It is

normal

to



feel upset.



It is

normal

to



feel worried.



It is

normal

to

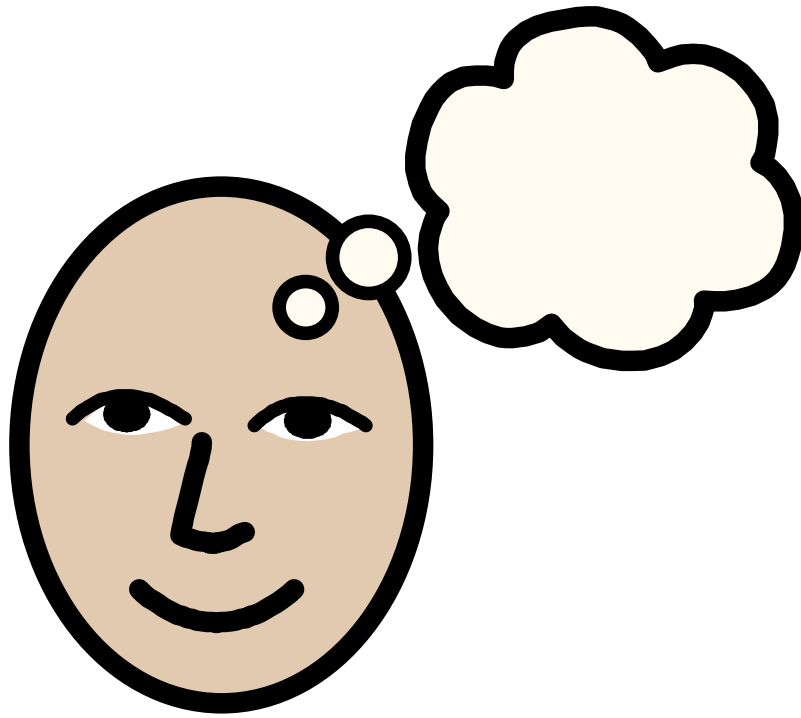


feel

a bit



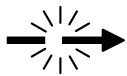
scared.



When



bad things



happen



in



the news;



It is normal



to think



why did



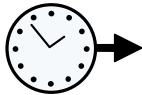
this happen?



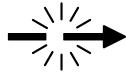
It is normal



to think



will



this happen

to



me?



It is normal



to think



will

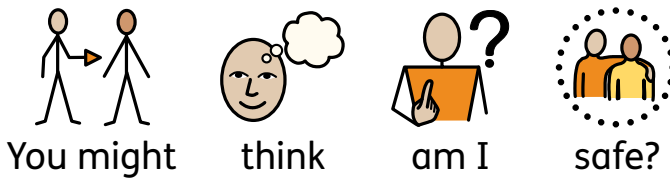
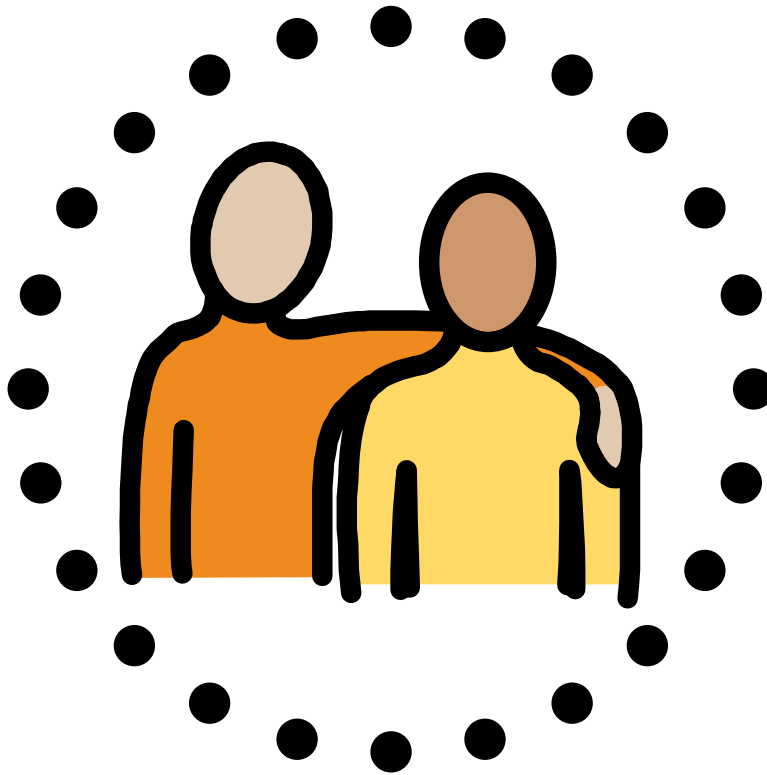


this happen

to someone I



know?

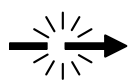
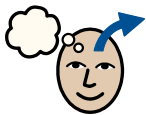


You might

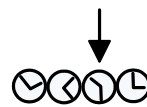
think

am I

safe?



=



Remember

events like this

are

sad

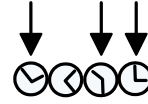
but

very

rare.



=



It is in

the news

because

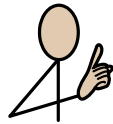
it does not

happen

often.



=

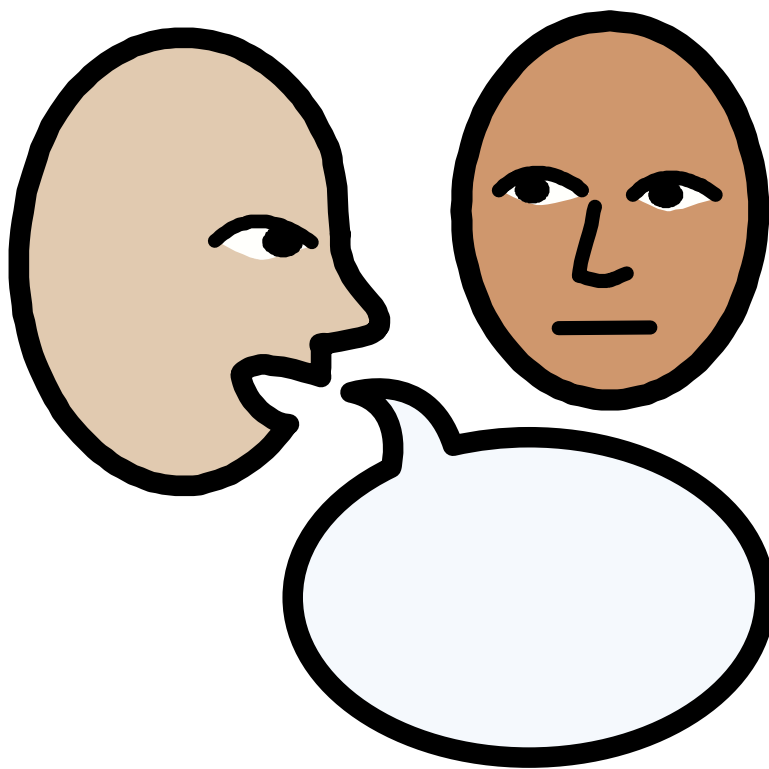


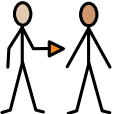

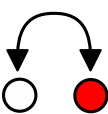


It is in

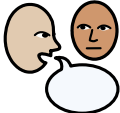


the news

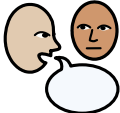




because

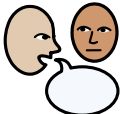

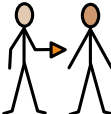



it is important.



 =    
 If you are sad or anxious you can;

  
 • Talk to your parents.

    
 • Talk to your teacher on the phone or email.




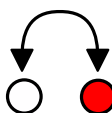

     
 • Talk to an adult you trust on the phone or email.






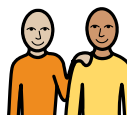




 = 


 If you feel sad about the news here are some tips;



 = 



 • Do something you enjoy like reading or drawing.

 • Spend time with your friends online.






 • Take your pet for a walk, keeping 2 metres apart.